

DR MAYANK PATEL

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Describe your role in 50 words.

I'm a Consultant Diabetologist at the University Hospital Southampton. Among my responsibilities are to support diabetes patients both on wards and in clinics. I regularly teach medical students, junior doctors and other healthcare professionals, as well as support charities by teaching patient groups. I also deliver diabetes research.

How did you develop an interest in diabetes?

It was during my medical student training, that I really enjoyed learning about the science of diabetes and endocrinology and the impact that hormones play on the chemistry of life. My interest in this area continued after I qualified as a doctor.

I am now able to directly observe and manage the consequences to health, caused by problems related to hormones. These seem to be evident across many medical disciplines that I have spent my time working in. It was through this continued clinical exposure, that my interest in diabetes further developed. This prompted me to train to be a diabetes specialist.

What do you find the most challenging and the most rewarding about your role?

I enjoy the challenge of working with and empowering patients with diabetes. In particular where there is a need to prompt a change in behaviour to personal lifestyle choices. Also, through helping them to accept different

diabetes treatments and seeking to help to improve longer-term health outcomes. Dispelling long-held myths and confronting the stigma around diabetes can also be challenging. Finding the right treatment combination for individuals and hearing that they are feeling better and living healthier lives through improved diabetes management and other lifestyle choices is always rewarding for me. And to know that I have been a part of the support.

What have you achieved recently in diabetes care that you are excited about and keeps you motivated?

I really enjoyed working with individuals living with type 1 diabetes, Revolve Comics and Professor Partha Kar on the fourth TYPE 1 DIABETES comic launched in January 2022. These were launched 100 years to the day that insulin was first administered to a human and was our celebration of this key medically historical moment, and it has been well received. The comics are free to download at: revolvecomics.com/read-diabetes-type-1-comics/

Given the number of patients with diabetes in our hospital and the large number of non-specialist staff involved in their clinical care, I continue to work with my fabulous multidisciplinary specialist diabetes team. We help train and support staff at scale, at this challenging time in healthcare. Though not everyone with diabetes can or needs to be seen by a member of the specialist team, we are motivated to ensure that safe and effective diabetes care is delivered by all clinical teams.

Tell us about the involvement you have with Diabetes UK.

I was previously a Clinical Champion, a development programme run by Diabetes UK, working to improve and transform diabetes care in their local areas, regionally, and nationally. I am now a member of the Diabetes UK Research Steering Group, bringing my clinical knowledge and expertise to help inform research priorities. I am involved in projects looking to raise standards of inpatient diabetes care. I also regularly teach the Southampton Diabetes UK patient group, giving advice, educational

updates and offering a questions and answer session.

What is coming up next for you at work?

Given the high diabetes prevalence in our hospital, we are looking to adapt how we support newly qualified doctors starting here in September 2022. As a specialist team, we will be empowering them to deliver the most basic diabetes care needs independently, before seeking specialist advice from us.

Through formal and informal education, the aim is that through this early year's diabetes support, they will feel better equipped and more confident. Managing patients with diabetes is likely to be a firm part of their ongoing medical careers, when access to a specialist team may not always be readily available. I am also working on some new diabetes e-learning modules that will be launched soon.

What do you think is the most exciting thing on the horizon for diabetes care?

For me, seeing the impact of diabetes technology on improving the outcomes and quality of life for those with type 1 diabetes is really exciting, as well as some of the emerging treatments for type 2 diabetes.

Any tips and final thoughts to share with our readers?

I continue to enjoy the range of opportunities that a career in diabetes has afforded me. I feel that it's important to keep thinking of new ways to deliver and support diabetes care and education, particularly at scale.

Family life keeps me busy, but I always like to unwind by going for regular runs, as well as losing myself in movies and crime fiction books.

A tip I recommend, is to always remember the importance of switching off from the day job and enjoy engaging in other things that make you happy. Try new things and keeping physically and mentally active. Life is too short!

i If you would like to take part or nominate someone in your team for Last Word, please email us at: update@diabetes.org.uk

GET INVOLVED IN OUR FUNDRAISING EVENTS

Join us today and register for a fundraising event to raise life-changing funds. Our events run throughout the year, so choose the one that suits you or your team and sign up today!

Month of Miles



Sign up all year round

Set your own running goal and be amazed at what your body can do. Your Month of Miles challenge is all about you – choose your month, choose your distance, and get ready to feel your heart thump! Sign up today at: diabetes.org.uk/up-monthofmiles

Swim22



Register your interest for 2023

Next spring, join thousands of other swimmers to conquer 11, 22 or 44 miles in your local pool, at your own pace - and find a healthier, more confident you. Register your interest now at: diabetes.org.uk/up-swim22

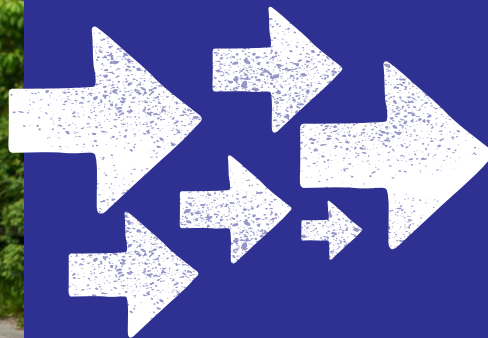
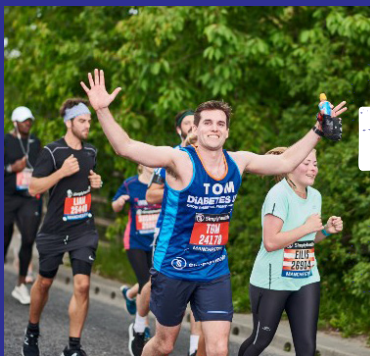
UK Wide Cycle Ride



1 - 31 October 2022

Whether you're a keen cyclist, like to feel the burn in your spin class, or are looking for an excuse to get back on your bike - ride virtually across the UK this October and go the extra mile for people with diabetes. Register at: diabetes.org.uk/up-cycle23

JOIN TEAM DIABETES UK



You can find more details of these and other events on our website at: diabetes.org.uk/up-fundraising-events



We will be delighted to have you on our team and are here to support you in any way we can. If you have any questions email us at: events.fundraising@diabetes.org.uk

DIABETES UK
HELP. SUPPORT. FIRST STEPS.

QUESTIONS ABOUT DIABETES?

We're here to talk.

If you or your patient is looking for someone to speak to about living with diabetes, get in touch by calling or emailing our helpline. We're here 9am to 6pm, Monday to Friday.

Call 0345 123 2399*

Email helpline@diabetes.org.uk

*Calls to 03xx numbers cost more than calls to geographic (01 and 02) numbers and must be included in inclusive minutes on mobile phones and discount schemes. Calls from landlines are typically charged between 5p and 10p per minute while calls from mobiles typically cost between 10p and 20p per minute. Calls from landlines and mobiles to 03xx numbers are included in the call packages. Calls may be recorded for quality and training purposes.

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